

5 A Day Salad

Rating: ★★★★★

Makes: 4 servings

Ingredients

4 cups spinach (fresh)
4 cups romaine lettuce
2 cups green pepper (chopped, or use red, yellow, or orange)
2 cups cherry tomatoes
1 cup broccoli (chopped)
1 cup cauliflower (chopped)
1 cup yellow squash (sliced)
2 cups cucumber (sliced)
2 cups carrot (chopped)
1 cup zucchini (sliced)

Directions

1. Wash all of the vegetables and mix them together in a large mixing bowl. Top this colorful meal with the nonfat or low-fat dressing of your choice.

Notes

The dressing is not included in the nutritional analysis.

Each serving = 5 cups of vegetables (Eight 5-A-Day servings).

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	110	
Total Fat	1 g	2%
Protein	6 g	
Carbohydrates	23 g	8%
Dietary Fiber	8 g	32%
Saturated Fat	0 g	0%
Sodium	100 mg	4%